

TOBACCO FACT SHEET

Women and Tobacco Use

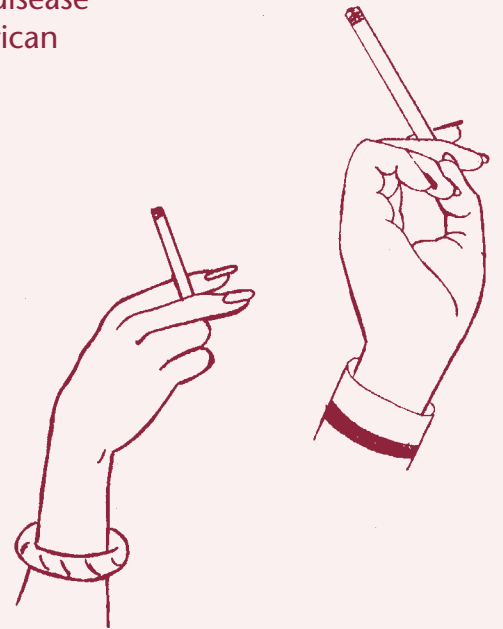
Cigarette smoking is the chief preventable cause of death and disease in the United States and is the number one health risk for American women. More than 145,000 women die each year from smoking-related diseases.

Mississippi Facts

- In 2000, 21.8 percent of adult women smoked.

A Healthy People 2010 National Objective:

To increase smoking cessation during pregnancy so that at least 30 percent of women ages 18 to 49 who are cigarette smokers at the time they become pregnant quit smoking during the first trimester.



The Facts

- Lung cancer is the leading cause of cancer deaths in women.
- Women who smoke and use oral contraceptives greatly increase their risk of coronary heart disease and stroke compared to non-smoking women.
- Smoking in the home jeopardizes the health of all family members, especially young children.
- Nicotine is present in breast milk for up to five hours after the mother smokes a cigarette.
- Smokers experience an increase in facial wrinkling equivalent to an additional 2.3 years of aging compared to non-smokers.
- Studies indicate that advertising strongly influences female teenagers to smoke.

The Risks

- The effects on health from smoking build up over time.
- Cigarette smoking is now considered a probable cause of unsuccessful pregnancies and increased infant mortality.
- Cigarette smoking is considered to have the following adverse effects on pregnancy:
 - ✓ Still birth
 - ✓ Spontaneous abortion
 - ✓ Congenital malformations
 - ✓ Low infant birthweight
- Smoking is linked with Sudden Infant Death Syndrome (SIDS).
- Smoking could increase the risks for osteoporosis. Smokers could have a lower intake of calcium during adolescence and young adult life when maximum bone mineral mass is reached.
- Smoking could cause early menopause.
- Cigarette smoking increases a woman's risk of cervical cancer.

What Can Be Done

By Adults:

- ✓ Quit smoking. A smoking cessation program can help.
- ✓ Learn healthy methods to cope with stress.
- ✓ Educate yourself on the harmful effects of tobacco use.

By Youth:

- ✓ Don't start. Set a positive example for other youth.
- ✓ Educate yourself on the harmful effects of tobacco smoke.

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